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- a) at least one binder, selected from the group consisting of a curable or crosslinkable monomer, polymer or copolymer, physically setting polymer, or hydraulically setting inorganic substances,
- b) at least one substance which releases gases at elevated temperatures, selected from the group consisting of azo compounds; hydrazine derivatives selected from the group consisting of 4, 4'-oxybis (benzenesulfohydrazide), diphenyl sulfone-3, 3-disulfohydrazide, diphenylene oxide-4, 4'-disulfohydrazide, trihydazinotriazine or p-toluenesulfonyl semicarbazides; tetrazoles; benzoxazines; carboxylic acids and carboxylic acid derivatives selected from the group consisting of malonic acid, α -ketocarboxylic acids, β -ketocarboxylic acids, α,α,α -trihalocarboxylic acids, glyceridecarboxylic acids, β,γ -unsaturated carboxylic acids, β -hydroxycarboxylic acids, β -lactones or carboxylic anhydrides; peroxy compounds; peracids and salts thereof; explosive substances, selected from the group consisting of the nitrates of glycerol, ethylene glycol, diethylene glycol, pentaerythritol and ethylenediamine, nitrocellulose, trinitrotoluene, picric acid, tetryl, hexogen,

octogen, nitroguanidine, ammonium perchlorate, methylamine nitrate, hexahydro-1, 2, 3-trinitro-1, 3, 5-triazine, 2, 4, 6-trinitrophenol, N-methyl-N, 2, 4, 6-tetranitroaniline, and alkali metal azides and ammonium azides; *where taught?*

c) at least one friction-reducing additive.

17. A coating composition according to claim 16, wherein component b) is selected from hexahydro-1, 2, 3-trinitro-1, 3, 4-triazine, N-methyl-N, 2, 4, 6-tetranitroaniline and 2, 4, 6-trinitrophenol.

18. A coating composition according to claim 16, wherein component b) is in microencapsulated form.

19. A coating composition according to claim 16, wherein the friction-reducing additive is selected from graphites, metal sulfides, polyolefins and fluorinated polyolefins.

20. A coating composition according to claim 16, wherein the friction-reducing additive is selected from polyethylene, polytetrafluoroethylene, graphite and molybdenum disulfide.

21. A coating composition according to claim 16, wherein component a) has an average molecular weight in the range from 300 to 25,000.

22. A coating composition according to claim 16, wherein component a) is selected from thermoplastic polymers and copolymers.

23. A coating composition according to claim 22, wherein component a) is selected from (meth)acrylic resins, epoxy resins and polyurethanes containing isocyanate groups.

24. A coating composition according to claim 16, wherein component a) is selected from polyolefins containing, in copolymerized form, units having functional groups, polyamides, saturated